

Seek the truth...

and the truth shall set you free...

but what is this truth of which I speak?...

it is not factual...

although you must strive,

scrupulously,

and relentlessly,

for subjective honesty....

it is not knowledge or wisdom...

although you will acquire both along the way...

it is not a philosophy or a religion...

although it is profoundly spiritual,

and you will develop a personal ethic

of great power and substance...

but rather, it is a state of being,

where, suddenly,

self-deception is swept away...

and you are left with the essence

of who you really are...

in that moment,

you are filled with power and glory,

and you are at one with the universe...

all fear and judgment disappear...

and what remains

is strength,
beauty,
and joy...
empathy
and compassion...
understanding
and acceptance...
and unconditional love
for all of creation...
and you will forever long to return
to this wondrous place.

If you elect to pursue this quest,
it will be as the unleashing
of tremendous forces of nature...
and you will be afraid to look at that
which you have so carefully hidden...
it will appear to strip away
the restraints of civilization,
and expose you to the terror
of your own personal demons...
it will uncover the fantasies
that you have woven
to protect your ego...

it will bring into question
every facet of your life,
no matter how cautiously,
and piously,
you have lived...
and it will shatter your illusions,
and challenge your faith.

You will look upon your piety,
your good deeds,
your noble achievements,
and your loving acts,
and you will see in them
your righteous arrogance...
your self-aggrandizement...
your vanity and pride...
your jealousy...
your wish to possess and control...
and your judgment...
always your judgment.

It will dash you upon the rocks
of your self-deception...
and leave you bloody,

and vulnerable...

but you will be free...

and you will love.